



CIGNA Well Aware for Better Health®

Chronic Condition Support

make a *personal* commitment to your health

weight complications

Get help to manage your weight.

When you are overweight, you may also be dealing with a number of health risks making it hard to do the things you love. Now you have a personalized program to help you manage these weight-related health risks – CIGNA Well Aware for Better Health® for weight complications.

What is CIGNA Well Aware for Better Health® for weight complications?

- A confidential, free program that provides personalized support and information for people with weight complications.

How does Well Aware help me manage my weight complications?

- Helps you develop healthy nutrition and exercise habits.
- Helps you stop or reverse the unhealthy patterns of escalating weight gain.
- Helps you learn about different medications your doctor may prescribe.
- Helps you manage weight-related health conditions.
- Teaches you about behaviors that lead to lasting, life long change.

What resources do I get with Well Aware for weight complications?

- Access by phone to nurses who specialize in weight complications, 24 hours a day, 7 days a week.
- Personalized plan designed to help you improve your health.
- Workbook with valuable information and charts to help you track your progress.
- Other mailed materials based on your discussions with the nurse.
- Healthy Heart and Healthy Eating questionnaires.
- Additional support from other specialists, including nutritionists.
- A quarterly newsletter featuring articles on weight-related topics.

Where can I get more information about Well Aware for weight complications?

- Call the Well Aware team at our toll free number, **1.866.797.5833**.
- Visit our website at **www.CIGNA.com/betterhealth**.
- Call your health plan's member services number for questions about your benefit plan.



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